

BAKED SALMON WITH MAPLE-MUSTARD CRUST



TIME TO PREPARE

10 Minutes



COOK TIME

10 to 12 Minutes



SERVING

4 to 6



Ingredients

- 1 lb whole *salmon* fillet, skin on, or pieces
- Kosher or sea salt + freshly ground black pepper
- 1 tbsp [Sarafino Golden Maple Syrup](#)
- 2 to 3 tbsp [Sarafino Lemon Dill, Maple, Apple, or Whole Grain or Apple Raw & Sprouted Mustard](#)

Steps to Cook

1. Preheat oven or barbecue to 375 F or medium high.
2. Place salmon, skin side down on a piece of parchment paper or foil (if grilling) and lay on a rimmed baking sheet. Season with salt and pepper.
3. In a bowl, combine maple syrup and mustard. Generously coat salmon with mustard mixture using the brush or the back of a spoon.
4. **Oven Instructions:** Place baking sheet in preheated oven and bake for 10 to 12 minutes or until fish flakes easily with a fork.
5. **Barbecue Instructions:** Place foil on preheated grill. Cover with lid and grill until fish flakes easily with a fork, about 10 to 12 minutes.

NOTE: Individual filets will cook faster than a whole fillet
Recipe adapted from Sylvia Fontaine, Feasting At Home